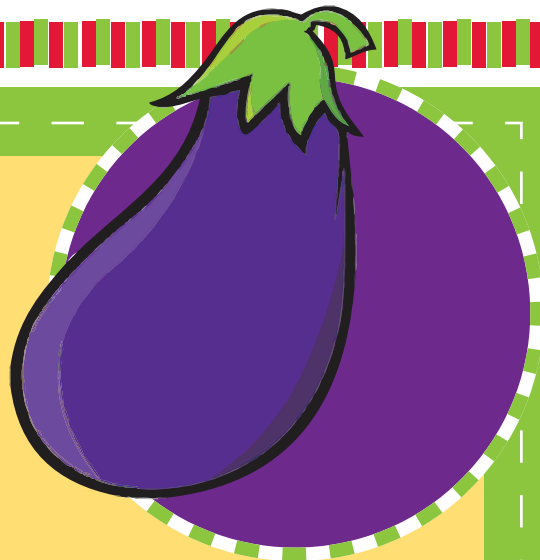


In Season:



Eggplant!



NUTRIENTS IN EGGPLANT:

Vitamins: K and fiber.

SELECTION:

Choose eggplants that are heavy for their size and without cracks or discolorations.

STORAGE:

Store eggplants in the refrigerator crisper drawer. Use within 5-7 days.

QUICK FIX TIPS:

- Roast a small eggplant. Cool, peel, and cut into cubes. Add to tomato sauce with fresh basil. Serve over pasta.
- Top a pizza with cubes of eggplant. Add tomatoes, black olives, and red onion.
- Slice an eggplant lengthwise into thin slivers and use in lasagna in place of noodles.



Eggplant Brushetta

Prep Time: 40 Minutes

Serves: 8

Ingredients:

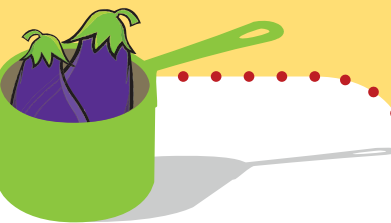
- 1 or 2 large eggplants
- 1 medium tomato, chopped
- 1 clove garlic, minced
- 2 tsp olive oil
- 2 tbsp chopped fresh basil
- 1 tsp salt

Cups of Fruits and

Vegetables per Serving: 1½

Preparation:

1. Slice eggplant in thin circles, salt them lightly, and bake in a baking dish at 350 degrees for 20 minutes.
2. Allow to cool.
3. Combine with remaining ingredients.
4. Spread on toasted baguette.



Nutritional Information per Serving:

Calories:46; Total Fat:1.4g;
Dietary Fiber:5g; Sodium:294mg



Recipe is courtesy of Produce for Better Health Foundation (PBH).

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